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Name: **Piotr Lesniewski**
 E-mail address: piotrekle@gmail.com
 Country of residence: Poland
 Country of visiting fellowship: Switzerland
 Name of the host: Prof Matthias Zumstein, Bern, Switzerland
 Dates of visiting fellowship: 03.2019-02.2020

Report about the outcome and economic result of the EFORT Foundation visiting fellowship

Expenses:

Travel: 10'000 EUR
 Accommodation: 8'000 EUR
 Other expenses: 7'000 EUR

Topic	Please tick one of the boxes <input checked="" type="checkbox"/> 1 (poor) to 5 (very good)					Your comments, thoughts, recommendations
	1	2	3	4	5	
Education						
Could you improve your knowledge and gain a lot of new experiences?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Host Department						
How was your communication with your host centre (regarding accommodation, programme, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Did they offer you a social programme?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	

Report to EFORT:

It is recommended that the report is 3-4 pages including the cover page.
 The following paragraphs should be addressed:

1. Description of clinical activities during the fellowship
2. Description of scientific activities during the fellowship
3. Description of social aspects of the fellowship
4. Technical skills that you learnt during the fellowship
5. Theoretical knowledge that you learnt during the fellowship
6. New knowledge and skills that you can implement in your own practice
7. Overall reflective statement over how the fellowship contributed to your professional development



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Final fellowship report

I have been given the opportunity to participate in the EFORT international fellowship in partnership with Medacta, which allowed me to train for almost a year with Prof Matthias Zumstein in a beautiful city of Bern, in Switzerland. My whole stay was really intense from the very first day, when I joined Prof Zumstein and his team at the Insel Spital, which is the main University Hospital in Bern covering for the most difficult trauma and orthopaedic cases in the whole area.

We started with the morning report, which was held at 7:15 with all the other teams from the Orthopaedic department. After getting to know the newly admitted patients, I was introduced to the whole department and as is quite usual for first days in any department was then helped with all the necessary initial paperwork. Getting my ID and all the passes, as well as two sets of hospital uniforms took almost the rest of the first day, at the end of which I got keys to my room at the Student house placed conveniently minutes away on foot from the hospital.

It was the next day when I got to know the routine which would organize my days for a couple of upcoming months. Every day we started at 7.15 with the report summarizing all the admissions from the previous on-call during which we had a chance to go through all the x-rays and see the results of the operations done on the previous day. At the very beginning I had some troubles understanding the specific German dialect used in Bern but after a while I got used to it and morning reports become one of my favourite times of the day. The number of cases discussed was always impressive, which was not surprising as the department consisted of hip, knee, spine, kids orthopaedic and upper limb team (which was led by Prof Zumstein himself). Just after report, which usually ended by eight, we always had a little upper limb team briefing and everyone went to their duties, which varied depending on the day of the week. From the very start, I felt really welcomed by Prof Zumstein and his whole team and right from the start become an active participant in teams daily duties.

On Mondays, Thursdays and Fridays we had the operating lists in InseleSpital, which started just after 8 o'clock. The lists were held in an ultramodern op theatre located one level beneath the Orthopaedic Department. The lists were really busy, often ending no sooner than at 20 o'clock. And packed with 4 to 6 operations in which of 3 theatre rooms we had at our disposal. I was really impressed how well organized and efficient was the patient turnover. As the first case was ending, the next patient was already anesthetized in the room next door and by the time we have finished he was already prepped and draped. The list ranged from primary shoulder scopes for instability and cuff tears to the most complex trauma and revision cases. I was always able to join Prof Zumstein or one of his senior assistants and got as many hints that I could handle. Doing quite a bit of shoulder scopes myself at home, I was eager to learn new techniques and was definitely not disappointed.

The arthroscopic Mason Allen stitch for rotator cuff repairs was one of my favorites, and I was lucky to exercise it step by step throughout my stay. Another new technique, which I learned, was arthroscopic repair of the HAGL lesion. Back in Poland I had seen it just once and here I had the opportunity of treating it almost every second week. But it was not all. The reconstruction of the glenohumeral ligament using semitendinous tendon and bipod technique for AC joint reconstruction are going to be another techniques that will broaden my



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operative armament. Just learning shoulder arthroscopy would be enough of a reason to come to Bern but it was just a tiny fracture of what one could learn here.

As mentioned before Insel Spital was a major trauma center for the whole region and what came with that was the abundance of trauma cases one could see every day. On the list we had everything from plain humerus or ulna fractures to the most difficult scapular fractures or pathological fractures caused by tumors. Never before have I had a chance of treating someone with such a big bone defects of the humeral shaft that required allografting of almost the whole shaft.

Probably the most spectacular case in this group would be the case of the whole scapula transplant with the use of the frozen scapular allograft imported from US. For this operation, done as a first one of this kind in Europe, our team was joined by Dr Bassem Elhassan from Mayo Clinic as well as prof Jost from St Gallen. Definitely the one in a lifetime opportunity for any surgeon.

But it was even more. Much of my host practice was shoulder arthroplasty. Being involved in designing Medacta Shoulder system, Prof Zumstein had impressive experience to share. During my stay in Bern I had seen not only the primary shoulder arthroplasties but also many difficult revisions cases. It was here that I saw how to get out from some really difficult situations a shoulder surgeon can come across. I was impressed how calm and efficient Prof Zumstein and his team stayed throughout even the most stressful moments, making the most complex cases look really easy. Probably the most spectacular example of their enormous experience put into use were the cases of a RSA done as revision cases after failed attempts in other hospitals. The poor bone quality and lack of good bone stock made it impossible to put a metaglene in a regular manner. Here Prof Zumstein showed his grafting techniques and the use of patient specific implants provided by MedActa. Knowing these techniques will definitely make me much more confident in an operating room.

Being the most exciting part, it was not only the operating lists that I came for to Bern. I wanted to see how one organizes outpatient clinic and handles patient in the most efficient and best way. I was not disappointed. Every Tuesday and Wednesday, I managed to see how Prof Zumstein with the help of his team managed to handle large volumes of patients, with the clinics lasting from 8 till 17. It was extremely interesting to learn his examination techniques, approach towards patients' problems and efficient way of obtaining all clinically relevant information. At first, I was a bit overwhelmed by the number of patients and the complexity of cases. Many of the patients came from abroad, many of them were top athletes. Each case thought me something new and after a while I was able to actively help with the treatment, being not only a passive observer but an active team member on this field as well. We managed to work non-stop till 3 PM when we stopped for a short team lunch break which gave us calories, we needed but also to get to know one and each team member better. I was especially grateful for all the hints and tips I was given, and the fact that Prof Zumstein shared with me all his pre and postoperative protocols. After a busy day in clinic, I usually had some time to stroll around a beautiful city of Bern with its infamous old town and the bridges over Aar river.

Although my fellowship was well packed with clinics and theatre lists, it was not only about that. I was also involved in Prof Zumstein clinical work and managed to co-author a couple of articles and book chapters on rotator cuff regeneration and AC joint reconstruction and new diagnostic options for AC joint injuries.



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But a good fellowship, and I would call mine great, is more than just work. It is also about getting to know the place where one is and the people with whom one work. Bern and its surroundings have so much to offer no matter whether you are travelling alone or with you family. I really enjoyed wandering through picturesque streets and parks of Bern. During the weekends, I had a chance to relax with my friends in Thun and Freiburg. The beautiful small towns like Belp and Munzingen offer great food and lots of unique charm. Having Alps at the hand distance made it possible to go skiing after work or every other weekend. I also could not miss a chance and went with all our team for a hockey match enjoying the great atmosphere of the event.

Eleven months of my stay in Bern passed by really fast. I managed to learn a lot, see a lot and most importantly managed to make some new friends. I eagerly accepted Prof Zumstein's invitation to come and see him in a future. I left Switzerland really grateful to my kind host and to EFORT which gave me this unique opportunity.